



FEBRUARY 2022 PROGRAMS

All Programs are free and open to the public. Children must be accompanied by an adult. Reasonable accommodations available upon request. All programs **meet at the Mount Greylock Visitor Center** unless otherwise noted. Please follow all current COVID guidelines. Visit [Mass.gov/COVID](https://www.mass.gov/COVID) for guidance. For additional information and **weather updates**, call the Visitor Center at **(413) 499-4262**.

OPEN DAILY	VISITOR CENTER, 9:00 a.m. – 4:00 p.m. Interpretive exhibits explore the park story through artifacts and displays. Trail maps, hike guidance, 13-minute orientation film, bathrooms, drinking water available. Wheelchair accessible.
SUNDAYS Ongoing	NATURE SCAVENGER HUNT, 10:00 a.m. - 3:00 p.m. For children and families. Adventurous quests invite you to search for natural treasures along park trails. Several “seek and find” scavenger hunts available at the Visitor Center for different age and skill levels. Program is self-guided. FREE.
DAILY, Ongoing through FEB. 28	ANIMALS IN WINTER, 10:00 a.m. - 3:00 p.m. For all ages. Explore how animals and birds adapt to the changing seasons. Discover which animals hibernate, migrate, or change appearance. Chose a story book, craft activity, or a take home project. Self-guided activity. FREE.
FRIDAYS, FEB 4 and FEB 18	MOUNTAIN MINDFULNESS WINTER WALK, 1:00 p.m. Join Micah Mortali M.A., author of “Rewilding” and Founder of the Kripalu School of Mindful Outdoor Leadership, on an easy to moderate winter walk. Discover elements of forest bathing, mindful breathing, nature connection, tree identification and tracking, and meditation skills culminating in a fire ceremony and time for sharing and reflection. Leave inspired with skills to access the healing benefits of nature back home! Dress warmly for outdoor hiking in snow. Wear snow boots with traction devices or snowshoes. Bring water and a snack. Program duration 2 hours. FREE. For all ages. Brought to you in collaboration with Kripalu Center for Yoga and Health.
WEDNESDAY, FEB 9	FOREST BATHING with Canyon Ranch Guides, 10:00 a.m. Experience the Japanese practice of taking in the forest atmosphere or Forest Bathing; de-stress and get re-connect with nature. A guided slow, intentional woodland walk to find a meditative spot. Then relax into a conscious mindful state. No experience necessary. Dress appropriately for winter weather conditions: layers, winter boots. If conditions permit, bring snowshoes and hiking poles. FREE. Ages 8 and older. Program duration 90 minutes. Co-sponsored and led by Canyon Ranch Wellness Resort, Lenox

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coming events



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**SATURDAY,
FEB 12**

MT GREYLOCK PHOTO GROUP MEET-UP:
Water & Ice / Hearts in Nature 1:00 p.m. - 2:30 p.m.
All skill levels and ages welcome! Bring your camera, tablet or cellphone for a short, easy walk, over moderately steep trail, to picturesque Pecks Brook Falls. **Meet at the [SECOND TRAILHEAD parking lot](#) on GOULD Road in Adams** in Greylock Glen. Dress appropriately for winter weather. Trails may be snow-covered or icy; bring hiking poles and wear traction devices for your boots. Bring water and a snack. **FREE.** Children under 18 must be accompanied by an adult. Program is 90 minutes. Inclement weather cancels.

**THURSDAY,
FEB 17**

QI GONG / TAI CHI with Jeanne, **10:00 a.m. - 11:30 a.m.**
Enhance your overall optimal health and longevity. Experience the ancient Chinese meditative martial arts of Qi Gong/Tai Chi. No experience necessary, all abilities welcome. **FREE.** **Ages 12 and older.** Children must be accompanied by an adult. Program duration 90 minutes. Wear comfortable, winter weather appropriate clothing. Program may be offered outdoors if fair weather, otherwise indoors. Co-sponsored and by **Canyon Ranch Wellness Resort, Lenox.**

**SATURDAY,
FEB 19
through
SATURDAY,
FEB 26**

SPECIAL FAMILY FRIENDLY PROGRAMS:
February school vacation week. Come join us for guided experiences, or, create a park adventure on your own. Offerings include guided hikes, snowshoeing, sledding, wildlife tracking and observation, Geocaching, crafting activities, games, and more! **Read below for more information and program details.**

**SATURDAY,
FEB 19**

WINTER WILDLIFE TRACKING, 9:00 a.m. - 12:00 p.m.
Ages 8 and up. Jim Pelletier leads a 3-hour guided wildlife tracking exploration! Journey less than 2-miles at a leisurely pace with some off-trail, rough terrain, and stream crossings. **FREE.** Dress for winter weather; hiking poles, traction devices for boots, or snowshoes. Trails may be snow-covered, icy, or muddy. Bring water and a snack. Inclement weather cancels.
Pre-registration required at <https://feb19-winterwildlifetracking.eventbrite.com>

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SUNDAY, FEB 20	MOUNTAIN MINDFULNESS WINTER WALK, 1:00 p.m. Join Jean Beebe on this peaceful walk that incorporates elements of forest bathing, meditation, mindful breathing, and nature connection. Dress in layers appropriate for winter hiking. Hiking poles and traction devices or snowshoes are recommended. Trails may be icy or snow-covered. Bring water and a snack. Free. For all ages. Program duration 2 hours. Pre-registration is required at https://feb20-winterwalk.eventbrite.com
WEDNESDAY, FEB 23	GEOCACHING 101, 1:00 p.m. - 2:30 p.m. For all ages. Looking for a fun way to engage your tech-savvy kids with the natural world? This outdoor activity combines hiking with a tech-aided treasure hunt. Join Kathy Gwozdz and members of Berkshire Geobash to learn the basics, then head out on the trail to test out new skills. Can you find the hidden treasure? Beginners welcome! No experience or digital device necessary. To participate fully you may download the free geocaching.com app and bring your digital device. FREE. Dress appropriately for winter weather; hiking poles and traction devices for boots, or snowshoes. Trails may be snow-covered, icy, or muddy. Bring drinking water and a snack. Inclement weather cancels.
FRIDAY, FEB 25	NICE AND EASY TRAIL HIKE, 1:00 p.m. - 2:30 p.m. Easy-paced, one to 3-mile guided hikes geared toward seniors, but open to all ages. Join with other hiking enthusiasts, or bring the grandkids with you during school vacation week! Space is limited. Pre-registration required at https://feb25-niceandeasyhike.eventbrite.com by January 27. Dress appropriately for winter weather; hiking poles and traction devices for boots or snowshoes recommended. Trails may be snow-covered, icy, or muddy. Bring drinking water and a snack. Inclement weather cancels.
SATURDAY, FEB 26	FAMILY FRIENDLY OUTDOOR ADVENTURES, 1:00 p.m. Come out and join us for an afternoon of winter activities, including snow tubing for the little ones, a SNOWSHOE DEMO by NeviTREK Handmade Snowshoes, and a guided mindfulness walk along the Bradley Farm Trail. Please be prepared for the weather, dress in layers and wear sturdy snow boots. Traction devices, trekking poles or your own snowshoes are advisable for the hike. Snowshoes will be available to try out during the Snowshoe Demo for ages 8 and up.

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